

EVOLVE YOURSELF®

ABC

METHOD

REWIRE YOUR BRAIN IN 3 EASY STEPS

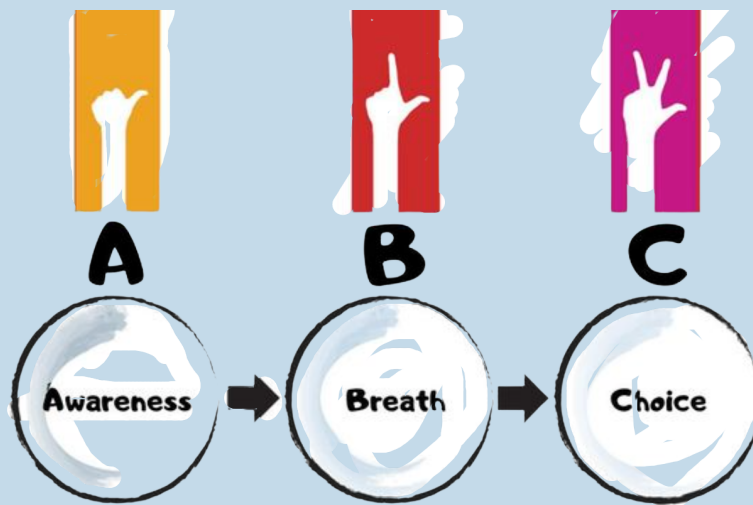
The ABC (Awareness, Breath, Choice) method is a tool that can attune your attitude to be your own personal superpower. A tool that supports you to be more responsible for how you react to the world. You can gain more energy to rewire and re-fire emotional states and an ability to choose the life that serves you and the whole. This is where you become more of the designer of your life rather than a victim of it.

HIGHER COMMUNICATION
ELEVATED INTUITION
POWER OVER CHOICE
GREATER ENERGY



Evolve Yourself Institute

REWIRE YOUR BRAIN IN 3 EASY STEPS



Step 1:

AWARENESS

You become aware you are caught up in a tendency of thought, feeling, story, image, habit, conversation or reaction that you want to shift or is causing dis-ease.

Step 2:

BREATH

You take a breath, no matter how much momentum your thought, story, feeling has, no matter if it feels uncomfortable. Breathe, breathe and breathe again. Offer the space.

Step 3:

CHOICE

Now you are ready to choose how you want to frame up, feel or step into the world, shifting the automatic responses of the past to new pathways of growth and wellness. This is where your world begins to unfold with more ease.

When you become conscious of what serves you and let go of what hurts you is where you begin to master the experience of living NOW.

ABC VIDEO

To discover more about the practices of self-awareness and conscious breath join one of our fabulous self-development programs, you can find us at eyi.global

ABC METHOD PROCESS



Awareness: When you become conscious of what serves you and let go of what hurts you, you begin to master the experience of living now.

Breath: can quickly bring you to the here and now. Conscious breathing is very effective in reversing the stress responses in the body. The body responds quickly; blood pressure is lowered, heart rate decreases, cortisol levels drop, immune function and digestion improve, the parasympathetic nervous system activates, and we feel calm and relaxed.

Choice: We analyse the past to see the subconscious and the tendencies that serve and ones that hurt. Not to be a judge, not to be a critic, but to be empowered in the steps moving forward. Giving space through the support of breath allows for the unconscious to rise into awareness.

The wonderful, the not so wonderful choices, actions and reactions have brought you here. NOW is the time to use your awareness in the space of presence to choose what will enhance your life moving forward.

“FEELINGS
COME AND GO
LIKE CLOUDS
IN A WINDY
SKY.
CONSCIOUS
BREATHING IS
MY ANCHOR.”

Thich Nhat Hanh



EVOLVE YOURSELF® ABC CHECKLIST

MONDAY

FRIDAY



TUESDAY

SATURDAY

WEDNESDAY

SUNDAY



THURSDAY

REFLECTION

Reflection and tracking actions supports habit change.

For 1 week make a note each day:

1. When and where you used the ABC method
2. How you felt prior and post using the ABC method
3. Was the outcome better for using the ABC Method?

ABOUT EVOLVE YOURSELF INSTITUTE

Evolve Yourself Institute® (EYI) provides self-care and wellbeing solutions for those professions who need it the most - Nurses, Midwives and front line services.

[ABC WORKPLACE PACKAGES](#)

[7 DAY ABC PROGRAM](#)

An inside out approach. The EYI education and programs bridge the gap as to 'why' and 'how' self-awareness, happiness, wellbeing and self-care are fundamental links in creating a well world. We deliver an all-inclusive, integrative System of the Self® framework supporting individuals and teams to be self-responsible and self-aware in an ever-changing environment.

Our signature education, System of Self® brings together the latest in neuroscience, neuropsychology, positive psychology, mindfulness, yoga and somatic psychology to bring the complexity of mind and body into a language that is tangible and relatable.

Together, let's make a well world a reality by being the change. Mental, physical, psychological and spiritual coherence being the superpower. Awareness Changes Everything®